



## BLEACHING INSTRUCTIONS

### Procedure:

1. Before you begin, floss and brush your teeth thoroughly. Then remove the clear plastic cap from the syringe (containing the whitening gel) and replace it with the mixing nozzle.
2. Place a small amount of gel in each tooth compartment in the tray. Each syringe has 10 calibrated treatment doses. Use approximately one dose per tray.
3. Place the tray with the gel in the mouth.
4. Remove excess gel with finger or dry toothbrush. When inserting the tray, be careful not to push all the gel out, but be sure that the tray is completely seated. The amount of time that the tray should remain seated on the teeth depends on the treatment option chosen below.
5. After whitening, remove and rinse the trays with cold water. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place. Rinse and brush excess gel from teeth with water. Wait at least an hour before drinking anything but water, and don't eat for an hour after bleaching.
6. Repeat these steps if you must interrupt treatment for any reason.

### Treatment Options:

- Daytime wear: 2-4 hours per application, once or twice a day. This option is recommended for problem sleepers.
- Overnight wear: All night long, while you sleep. Minimum wear-time is 4 hours, although longer wear-time is beneficial.
- For patients with tooth sensitivity, limit wear-time to only 1-2 hours per day.

### General Instructions:

Some patients may experience increased tooth sensitivity to cold during the treatment. Others may have nonspecific sensitivity in their teeth, gums, tongue, lips, or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to your dentist. The symptoms always subside within 1-3 days after interrupting the treatment.

When the sensitivity is gone, consider the following options. If the problem is gum irritation, either your whitening trays are putting excess pressure on your gums, or you are using too much gel in the trays. Place your trays on your teeth and visually examine them. If they are pressing against your gums, have your dentist trim them.

Otherwise, try using less whitening gel per treatment. If the sensitivity is in the teeth, try whitening every other or every third night. If the sensitivity persists, consult the dentist.

### Warnings:

- Avoid citrus foods and juices, only if they cause tooth sensitivity.
- Do not use the treatment while pregnant or lactating.
- Do not use any household or other whitening products to whiten your teeth.
- Do not eat, drink, or smoke while wearing your custom trays.
- Contact Dr. Pickard or the staff with any questions or concerns.

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